

6 Healthy New Year's Resolutions for Older Adults

Give your brain a workout. The more you use your brain, the better it will work. Read and do crossword puzzles.

Be active! Physical activity can be safe and healthy for older adults, even if you have a chronic condition. Try tai chi, water aerobics, walking and stretching.

Consider taking a multivitamin. Consult your healthcare provider for the benefits.

Eat at least 5 servings of fruits and vegetables daily.

Schedule an annual Medicare wellness visit with your healthcare provider to discuss health screenings and any important changes in your health. Staying up to date on your screenings such as vision and hearing could reduce the chances of a fall.

Get at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up at night.